

MUSHROOM STEAK FAJITAS

Bring another serving of vegetables and important nutrients to your plate with this veggie-filled twist on classic fajitas. We've upped the vegetable ante by sautéing savory mushrooms and mixing them with steak for an umami-rich, flavorful punch. And we've sped up the preparation time for this Tex-Mex favorite, foregoing marinating the steak by using a tender cut.

Preparation time: 45 minutes

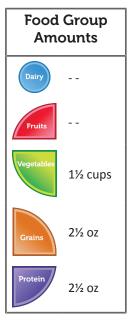
Serves: 4

INGREDIENTS:

- 12 oz sirloin or other boneless steak, about ¾-inch thick
- 3 cups sliced cremini mushrooms
- 1 tbsp no-salt fiesta lime seasoning, divided
- 1 tbsp olive oil
- 1 medium green bell pepper, sliced into strips

- 1 medium red bell pepper, sliced into strips
- 1 medium yellow bell pepper, sliced into strips
- 8 whole-wheat tortillas, 6-inch
- 1 medium tomato, diced
- 2 cups shredded iceberg lettuce
- · 4 tbsp non-fat sour cream





Nutrition Facts Serving Size 357 g Amount Per Serving Calories 430 Calories from Fat 140 %Daily Value Total Fat 16q 25% Saturated Fat 5g **25**% TransFat0g Cholesterol 60mg 20% Sodium 590mg **25**% Total Carbohydrate 46g 15% 28% Dietary Fiber 7g Sugars 4g Protein 27g Vitamin A 10% Vitamin C 50% Calcium 6% * Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs: 2,500 Calories: 2.000 Total Fat Less than 65g 80g Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300ma Sodium Less than 2,400mg 2,400mg 300g 375g

DIRECTIONS:

Slice beef across the grain into ¼-inch strips. Place in a medium bowl with ½ tbsp fiesta lime seasoning; toss to coat. Place mushrooms, peppers, and onion and remaining fiesta lime seasoning in a large bowl; toss to coat. Heat oil in large, non-stick skillet. Add beef strips; cook about 3-4 minutes. Remove from skillet. Place coated vegetables in skillet and sauté until vegetables are slightly tender, about 5-8 minutes. Add beef back to skillet and sauté mixture 1-2 more minutes. Assemble fajitas by dividing beef-vegetable mixture evenly on each tortilla, top with remaining ingredients and roll up.

Serving Suggestions:

Serve with an 8 oz glass of non-fat milk and side of mango chunks, about \(^3\)4 cup.

Recipe Submitted by Produce For Better Health Foundation





Dietary Fiber